**Appendix 1**

Script for Guided Mental Rehearsal of Confrontational Visual Field Examination.

Now, we will prepare you for a mental rehearsal of the steps in doing a visual field examination. We will combine and simplify the steps to enable you to attain mastery in performing this examination. Close both your eyes…

Imagine now you are in a very quiet place, you have a patient seated comfortably in front of you and now you are going to perform this examination.

* Introduce yourself to the patient and get permission to examine.
* Sit down on a chair opposite the patient about 1 arms’ length away.
* The patient is asked to cover the right eye with his/her right palm to test the left visual field.
* Ask the patient to fixate on your opened left eye.
* Ask if there is any part of your face that is missing/ not clear.
* Instruct the patient to maintain fixation on your right eye and that they may blink but need to re-fixate at the same eye.
* Test the patient’s central visual field by asking the patient to count fingers on your right hand.
* Present the fingers midway between yourself and the patient.
* Use your right hand to examine the patient’s left visual field and vice versa so that the hands do not cross.
* If patient cannot see, progress to testing for hand movement and then light perception (with a pen torch) as deem appropriate.
* Test the patient’s para-central visual field in all 4 quadrants: superior temporal, superior nasal, inferior temporal and inferior nasal quadrants similarly.
* Test the patient’s peripheral visual field in all 4 quadrants sequentially.
* Wriggle you index finger and use it as a test target.
* Move it from the periphery by fully out-stretching your arm then advancing towards the centre from the 4 quadrants.
* Ask the patient to say ‘yes’ when the moving fingers becomes first visible.
* Repeat the same examination steps to test the patient’s right eye.

We now mentally rehearse visual field testing with a red pin.

* Sit comfortably on a chair facing the patient at the same eye level about slightly more than one arm’s length distance.
* The patient is asked to cover the right eye with his/her right palm to test the left visual field.
* Ask the patient to maintain eye contact with your opened right eye.
* Present a red hat pin on your right hand to the patient’s central vision.
* Ask the patient to say “yes” if they can see the red colour.
* If yes, move the red hat pin out of the patient’s visual field to the superior temporal quadrant by out-stretching your right arm.
* Move the red hat pin inwards towards the patient’s central vision midway between the patient and examiner.
* Instruct the patient to say ‘yes’ when the red colour of the hat pin is seen.
* Repeat the test in all 4 quadrants.
* If a visual field defect is present, use the red hat pin to map out the edges of the defect.
* Finally, map the patient’s blind spot by moving the red hat pin in the horizontal meridian, starting temporally and moving inwards to the centre.
* The normal blind spot is about 12 to 15 degrees temporally from central fixation.
* Ask the patient to say ‘yes’ if they first see the red hat pin and ‘no’ once the red hat pin disappears into their blind spot; then ‘yes’ again when it appears out of their blind spot.
* Map out the blind spot by moving the target from an area of non-seeing to seeing from the 4 quadrants.
* The size of the patient’s blind spot is compared against that of the examiner.
* Repeat the same examination steps to test the patient’s right eye.

This completes the mental rehearsal for doing a Visual Field exam in both eyes.

Mentally run through the procedure as many times as you deem necessary to be familiar with the steps of doing this examination.